

# Nursery and Reception Forest Schools

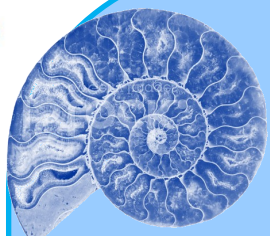
This week in our Forest School session, Reception and Nursery explored the theme of colour. The children hunted for a range of natural colours using paint colour tester cards. At first, some of the colours appeared tricky to find but when we looked closely we discovered them. Pink was one of the trickier colours to find, but eventually we found some on the blossom buds. We then learnt about the life cycle of a dandelion and after this we used dandelions and leaves as brushes to paint a picture with natural materials. The children have also enjoyed using

our new interactive screen to play a range of phonic and



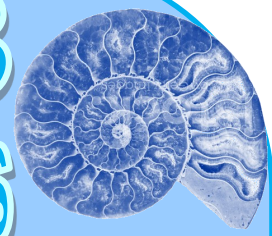
UN Convention on the Rights of the Child  
Article 29: Goals of education





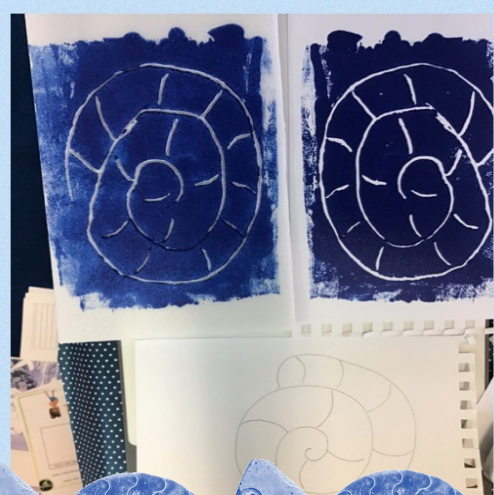
# Year 1/2/3

## Rocks, Relics and Rumbles



### Printing Ammonites

*This week we have enjoyed the process of printing. We designed a simple motif of an ammonite fossil or a shell. Next we drew this out onto polystyrene printing tiles and then applied ink to create a printed image. We were really pleased with our pictures and hope you enjoy them too.*





# Year 4/5/6 Sow, Grow and Farm

## FOOD MILES.

Wednesday 19th  
May 2020

Today we have been looking at where our food comes from and marking it on a map of the world. We were surprised by how far our food has travelled.

We then researched the journey of a chosen food using the internet.



PIC•COLLAGE



# Year 4/5/6 River Bear Yoga

To support our children's emotional well-being, staff have been trained in teaching the children 'River Bear Yoga'. The training covered why yoga, mindfulness and meditation is a proven way to help children with their mental and physical health. River Bear Yoga reduces stress for everybody, creating healthy, happy classrooms. We have purchased resources, including a class set of yoga mats, so that River Bear Yoga can be implemented into our curriculum.

Mrs Cox wrote to Mrs Westwood to say, "I just wanted to let you know what a fantastic addition to the timetable River Bear Yoga has been. The children have LOVED it, with many asking to more in their 'golden time', and commenting on how it has helped them with relaxation and to manage their anxiety. It has been lovely to see how relaxed the children have been straight afterwards, and I think it will continue to have a positive effect on the whole class."



## RIVER BEAR YOGA



This week class 4,5,6 have loved learning some yoga. They have enjoyed the mindfulness element the most, commenting on how relaxed they feel afterwards.



They have played games that focus on kindness, learned the sun salute and the yoga word namaste. We can't wait to learn some more poses next week.

# River Bear Yoga

During their River Bear Yoga sessions, the children will be learning 5 breathing exercises; 20 yoga poses; 20 yoga and drama games; and 5 mindfulness meditations. Here are the 20 yoga poses:





# Be a Book Worm!

Over the past few years, within school, we have focused on building a school culture based on the ethos of reading for pleasure. During the school day we make sure that children have access to a range of high-quality texts and we also incorporate time daily when the children hear a text read aloud to them. We are delighted to have received boxes of beautiful new Usborne books that will go into the classrooms thanks to the organisation of Clare Clarke and your family fundraising efforts.

We would like to encourage all of the children to read at home with their families because regular reading at home is one of the most valuable things you can do to support your child's progress.

To celebrate the lovely reading that happens at home we would like to enter all children who have their reading diaries signed **at least 3 times each week** to enter a **weekly prize draw** where **two children will be selected to win a book of their choice to take home** from a selection. The first prize draw will take place on Friday 21st May.

It could be an older sibling who hears your child read. It might be your child hearing a story read to them and it could be their school reading book or a book of their choice.



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# Lighthorne Heath Learning Heroes



Co-operate

## Nursery and Reception

Mrs Hartley's and Mrs Manley's Hero this week is Archie because he always has a great attitude to learning and listens carefully. Archie loves being outside and he really looked carefully at the colours in our environment during our Forest Schools session.



Have a go



Persevere

## Year 1/2/3

Mrs Hill and Mrs Munday have nominated Eldar and Teodora as this week's Lighthorne Heath Heroes, for their super efforts with their home learning. Eldar produced some great research about different types of rocks, and Teodora wrote and created a wonderful 3D poem about a volcano. Keep up the fantastic work, children!



Keep on improving



Concentrate



## Year 4/5/6

Mrs Cox's has chosen Josh as her Lighthorne Heath Learning Hero this week because he has worked hard in all subjects, and created a fantastic leaflet persuading people to buy Fairtrade food. He has shown a brilliant attitude to learning, always trying his best and striving to improve. Great work, Josh!



Use your imagination



Enjoy learning



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# LATENESS

What this means for your child...



*Bad start to the day*

*Missed Information*

*Different from Peers*

*Am I in Trouble?*

*Feel Responsible*

*Confusion*

*Anxious*

*Worried*

*Upset*

*Embarrassed*

**BE SURE TO GET IN TO SCHOOL  
ON TIME!**



**Our school day starts at **8.55am**  
after this time your child is late.**

**After **9.15am** counts as a missed session.**

- \* 5 minutes lateness per day = up to 1 whole DAY missed every TERM.
- \* 15 minutes lateness per day = 2 whole WEEKS missed every YEAR.
- \* 50 minutes late once a week = 1 whole DAY missed EVERY HALF Term
- \* 50 minutes late ONCE a week = 1 whole WEEK missed every YEAR.
- \* 50 minutes late every week = 90% attendance over a year.



## Diary Dates

Friday 28th May

Monday 7th June

Wednesday 21st July

Thursday 22nd July-Wednesday 1st September

Thursday 2nd September

Friday 3rd September

Monday 6th September

Break up for Half-term

INSET Day—school closed for staff training

Last day of Summer Term

Summer Holidays

INSET Day—school closed for staff training

INSET Day—school closed for staff training

Autumn Term begins—children come to school

## School Dinners

A reminder that we will be returning to normal, hot dinners after the May Half-term.

## Face Coverings

Please note that the use of face coverings on the school site is now discretionary.

**Best wishes, Mrs Westwood and all the staff at Lighthorne Heath.**



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**Understanding  
your child with  
additional needs**

For everyone around the child:  
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friends and relations

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[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)



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# School Uniform Recycling Scheme

**Do you have uniform (for local schools) that you no longer need? Why not donate your old uniforms and help others?**



We can accept the following items which must be in good condition and can be school branded or not

- Blazers
- Jumpers
- Trousers
- Skirts
- PE kit items
- School branded shirts (we cannot take plain shirts)



We can also accept donations of new school uniforms. If you can afford to help a family out and buy an extra piece of uniform when for your own children we will be happy to accept it.

All items will be professionally cleaned by Leamington Launderette before being re-distributed

**If you or someone you know is struggling to buy uniform please get in touch with us on 01926 422123**

**There is no judgement and we will support you in confidence.**

All donations can be dropped off to us at Brunswick Hub or at Leamington Launderette and OneStop cleaners in Leamington Spa



**LEAMINGTON LAUNDRETTE**

85-87 Crown Way, Leamington, CV32 7SH  
Telephone: 01926 889663





## MHST tips for wellness

# Being Mindful

This week's theme is Being Mindful.

Being mindful means paying attention to what is going on right now inside and outside of ourselves. This includes noticing our thoughts and feelings without judgement, and using our 5 senses to connect with the present moment. Being mindful can reduce stress, improve physical and mental health.

Try one, or both, of the below activities throughout this week.

1) Take a slow breath and quietly describe to yourself 5 things you can see around you (think about colours and shapes), 4 things you can hear (near or far sounds or voices), 3 things you can smell (if this is hard, try thinking of smells you like), 2 things you can taste (you might need to use your imagination here) and 1 thing you can touch (how does it feel?)

2) Take a minute for some deep breaths with the fish.

Useful Links: This [short video](#) talks about everyday mindfulness.

The Mental Health in Schools Team provides support to students and schools. We are available during term time and school holidays. Please contact your school's Mental Health Lead, or your Education Mental Health Practitioner for information and advice.

### Useful dates for May:

10th-16th Mental Health Awareness Week  
18th-21st Walk to School Week  
21st World Meditation Day



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Article 24: Health and Health Services

## Free Half Term Holiday Cycle Training At Stratford Recreation Ground, Swans Nest Lane, Stratford-upon-Avon CV37 7LS

1<sup>st</sup> – 3rd June – Free Learn To Ride  
sessions for those 7 and over.  
4<sup>th</sup> June – Free Bikeability Level 3 for  
those over 11 years old that have  
completed Level 2 Bikeability and a  
regular cyclists.



Further information and to book online:  
<https://www.bikeright.co.uk/sponsors/warwickshire/>

**Bicycles and helmets are NOT provided**

Instruction is from qualified BikeRight! Cycle  
instructors and is funded by WARWICKSHIRE  
COUNTY COUNCIL



**BikeRight!**  
The Boat Shed, Building 4 Office 1, 22 Exchange Quay, Salford M5 3EQ  
Tel: 0161 230 7007 info@bikeright.co.uk www.bikeright.co.uk @bikerightUK facebook.com/bikeright  
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WARWICK DISTRICT CHILDREN & FAMILY CENTRES VIRTUAL TIMETABLE (VIA FACEBOOK)  
MONDAY 17 MAY TO FRIDAY 21 MAY

ACTIVITIES ARE PUBLISHED DAILY ON FACEBOOK AT 10AM

MONDAY 17 MAY	TUESDAY 18 MAY	WEDNESDAY 19 MAY	THURSDAY 20 MAY	FRIDAY 21 MAY
<b>BABY TIME SONGS WITH HELEN</b>  Sing-a-long with Helen to your favourites!	<b>TODDLER TIME ACTIVITY WITH ANNE</b>  Pipe Cleaner Monsters!	<b>BABY TIME ACTIVITY WITH HELEN</b>  Water play with a twist!	<b>SONGS IN SPANISH WITH DIANA</b>  Rema, rema, rema tu bote	<b>COMMUNITY SHARING</b>  With Special Thanks to <b>Avrora</b>

As we gradually start to return to Centre-based activities, we know that many of you value our Facebook offer and we will continue to provide all your favourites but in a revised schedule

<b>Every Monday &amp; Wednesday</b> <b>Baby Time Songs &amp; Activities</b> Songs and activities to support face to face time with your baby	<b>Alternate Tuesdays</b> <b>Toddler Time Songs &amp; Activities</b> Toddler Tuesdays! Signed songs and a variety of activities that support EYFS learning	<b>Every Third Thursday</b> <b>Storytime, Songs in Spanish &amp; Poetry Corner</b> Supporting EYFS learning	<b>Every Third Friday</b> <b>Pets' Corner, Community Sharing &amp; Parent LIFT</b> Supporting EYFS learning
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OUR ACTIVITIES CAN BE VIEWED AT ANY TIME! PLEASE CHECK THE PLAYLISTS AND PHOTO ALBUMS FOR PREVIOUS POSTINGS

IF YOU WOULD LIKE SUPPORT FROM OUR EARLY YEARS TEAM, PLEASE CONTACT THEM BY PHONE OR EMAIL AS FOLLOWS:

<b>Lillington</b> Kate Bolitho 07525 805438 <a href="mailto:kate.bolitho@barnardos.org.uk">kate.bolitho@barnardos.org.uk</a>	<b>Kenilworth &amp; Warwick</b> Helen Keaney 07703 381764 <a href="mailto:Helen.keaney@barnardos.org.uk">Helen.keaney@barnardos.org.uk</a>	<b>Kingsway &amp; Leamington</b> Liz Dovey 07525 805431 <a href="mailto:liz.dovey@barnardos.org.uk">liz.dovey@barnardos.org.uk</a>	<b>Sydenham &amp; Whitnash</b> Sally Hesselworth 07252 805365 <a href="mailto:sally.hesselworth@barnardos.org.uk">sally.hesselworth@barnardos.org.uk</a>
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